Allergy Free Resource Guide

Includes vision and physical accessibility notes

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Cover is a composite of Pixabay pictures.

Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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Introduction

Writing a cookbook was never intended. In fact, I once thought I would never learn to cook for myself. I was nineteen before I poured my first drink (a soda), and nearly twenty before I touched my first pan. I am thankful for those who took the time to teach a young woman the art and science of cooking. Cooking was one of the last things I learned how to do well in my life.

I almost lost those skills once. I quit cooking when I worked away from home for over twelve hours a day. Like many skills, if you don't use them, you lose them.

Then, when diagnosed as celiac and lactose intolerant, my cooking world turned upside down. What could I do now? I was known for cakes, pies, biscuits, and gravy from scratch!

For years, I cooked without grain. Then, I found grains I could tolerate. Cookies, pizzas, pies, cake mixes, and more. Some were great and fluffy (hard to imagine as gluten free). Others, not so much. I will refer to specific brands in the grain section of this cookbook so you can more easily duplicate recipes.

If you are curious about what gluten, lactose, and fructose are, there is a section in the resources with a few links.

There are many types of vegetarianism. Some eat eggs, others don't. Dairy may, or may not, be consumed. Some consider fish or poultry okay, while others don't. In this cookbook, there is a place for the vegetarian of every variety to note what to avoid in a dish, and a place to add a substitute for each changed ingredient. This space is useful if the cook, or food recipient, has other reasons, including allergies to ingredients, for avoiding meat, and meat like products.

I hope I never lose my ability to cook and enjoy food. I have a new challenge. Low vision and hearing. Along with a fear of cutting my fingers off when slicing vegetables, fruits, or meat.

How will I cope with this?

And cook on a stove as my vision recedes?

Lactose and Fructose

Lactose is a milk protein that many children and adults cannot digest, causing pain, bloating, and diarrhea.

Fructose is fruit sugar that many people cannot absorb, causing pain, discomfort, and diarrhea.

Meatless Preparation

Meals may be created meat free for a variety of reasons, including protein oversaturation, diet restrictions due to medical needs, allergies, religious reasons, and dislike of a specific meat taste, or texture.

Sometimes, it is easiest to choose a gluten free meal in a restaurant by picking a vegetable dish.

Important note: If choosing to feed meatless preparation frequently to a child, especially under age five, please speak with a medical professional and nutritionist. Occasionally, a meatless meal is fine.

Gluten and Gluten Free

Gluten is a protein found in many grains. It is used as a binder in recipes. It is a common thickener used in gravies, soups, and a surprising number of food and nonfood products.

Living gluten free means a lot more than living without bread, cake, or pie.

It also means avoiding common items, such as stamps or envelopes that have to be licked to be sealed, most pet food, some medications, lotions, shampoos, gloves, and cosmetics.

For more information on products to avoid with gluten and other food intolerances:

American Gastroenterological Association. "Understanding Food Allergies and Intolerances." Accessed 02/26/2010. http://www.gastro.org/patient–center/diet–medications/food–allergies–fructose–intolerance–and–lactose–intolerance

Celiac.org. "Sources of Gluten." accessed 05/20/14. http://celiac.org/live–gluten–free/gluten–free–diet/sources–of–gluten/

Celiac Disease Foundation. Accessed 02/26/2010. http://www.celiac.org/

The Food Allergy & Anaphylaxis Network. Accessed 02/26/2010. http://www.foodallergy.org/

Food Allergy. Accessed 02/26/2010. http://www.food–allergy.org/

Food Reactions. "Fructose Malabsorption." Accessed 02/26/2010. http://www.foodreactions.org/intolerance/fructose/malabsorption.html

Gluten Free Gluten.com "Potential Hidden Sources of Gluten." Accessed 05/20/14. http://www.glutenfreegluten.com/wp–content/downloads/Hidden_Gluten_Sources.pdf

Medicine Net. "Food Allergy." Accessed 02/26/2010. http://www.medicinenet.com/food_allergy/article.htm

National Digestive Diseases Information Clearinghouse. "Celiac Disease." September 2008. Accessed 02/26/2010. http://digestive.niddk.nih.gov/ddiseases/pubs/celiac/

Ruiz, Jr., MD, Atenodoro R. Merck Manuals Online Medical Library. "Digestive Disorders - Malabsorption" Modified January 2013. Accessed 02/26/2010 http://www.merck.com/mmhe/sec09/ch125/ch125a.html

Ultimate Gluten Free. "Sources of Hidden Gluten in Non–Food Products." Accessed 05/20/14. http://ultimateglutenfree.com/sources–hidden–gluten–non–food–products/

Weights and Measures

A dash is one sprinkle across a dish. Most commonly used for salt or sugar.

Typical abbreviations:

Tablespoon = tbsp
Teaspoon = tsp
Cup = c
Fluid ounces = fl ounce
Pint = p
Quart = qt
Gallon = gal
Pound = lb

The following section is adapted from: http://www.nal.usda.gov/fnic/foodcomp/Bulletins/measurement_equivalents.html accessed on 04/20/2013.

1 tablespoon = 3 teaspoons
1/16 cup = 1 tablespoon
1/8 cup = 2 tablespoons
1/6 cup = 2 tablespoons + 2 teaspoons
1/4 cup = 4 tablespoons
1/3 cup = 5 tablespoons + 1 tablespoon
3/8 cup = 6 tablespoons
1/2 cup = 8 tablespoons
2/3 cup = 10 tablespoons + 2 teaspoons
3/4 cup = 12 tablespoons
1 cup = 48 teaspoons
1 cup = 16 tablespoons

1 cup = 8 fluid ounces (fl ounce)
1 pint = 2 cups
1 quart = 2 pints
1 quart = 4 cups
4 quarts = 1 gallon
16 cups = 1 gallon

16 ounces = 1 pound

If you enjoy math, you can create all kinds of word problems with these weights and measures. After all, cooking, is a giant math and science puzzle.

Cooking Tools

There are many cooking tools, and they can range in price from $1.00 to $1,000.00s. What you need depends on the type of cooking you do. Keep it simple. Often, you need two sets of everything.

Microwave safe measuring cups 1/4 cup size are perfect for melting butter

Measuring cup set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 cup, 3/4 cup, 1/2 cup, and 1/4 cup.

Measuring spoon set: Often come on a ring. Add colored tape to differentiate size. Usually come as 1 tablespoon, 1/2 tablespoon, 1 teaspoon, 1/2 teaspoon, and 1/4 teaspoon. Occasionally, these are marked with milliliters, as well.

Cookware sets: Stainless steel is safest. Nonstick will peel off into your food.

2 large frying pans (typically 8 inch)
1 small frying pan (typically 6 inch)
2 medium sauce pans (typically 2 or 3 quart)
2 small sauce pans (typically 1 quart)
2 large pans (Dutch oven or stockpot) (typically 8 quart)
1 double boiler (spaghetti pot with 2 strainer inserts, some have a pour spout)

Bakeware sets: Typically, I use glass for much of my baking. Be aware and follow the directions for safety when moving glass dishes from counter to oven to counter to sink. If you store them in the fridge, allow them to warm to room temperature before washing.

1 quart (round) with lid
1 1/5 quart (round) with lid
(2) 2 quart (round)
2.5 quart (round) with lid
1 1/5 quart (oblong) with lid
2.5 quart (oblong) with lid
(2) 8 inch (square)
(2) loaf pans (glass or stainless steel)
(2) 8 inch round stainless steel pans
(2) stainless steel baking sheets
(1) stainless steel 12 cup muffin pan

Some people use cast iron pans. They are nice. They are also extremely heavy and difficult to move and care for. If you use them, search for guidelines on the internet or from a trusted friend.

More Tools

Knife block: (Always have an extra paring knife or two.)
Scissors
Butcher knife
Fish knife
Paring knife
Utility knife
6 to 8 steak knives

4 spatulas
4 wooden spoons
2 slotted spoons
2 solid spoons
2 soup ladles

Cutting boards: wooden or stone are safer than plastic and easier to keep clean. However, brightly colored ones can be placed under a clear glass cutting board to more easily see foods as they are chopped.

1 for meat
1 for vegetables
1 for fruit

Bag clips - A dozen or so of assorted sizes.
Bowl covers - Even your left overs need a see thru shower cap!

2 sets of mixing bowls. One can double as food storage containers.
8 piece serving set of dishes.
16 piece silverware set.
Extra bowls and cups, as needed.

For safety, many people have use plastic as it won't break as easily and is lightweight. However, it can melt into your food in the microwave. Use microwave safe bowls.

Table top over roaster pan
Mixer
Chopper
Blender
Microwave

Setting up the Kitchen

Safety is the number one goal. Be sure counters, tables, and floors are germ, clutter, and pet free.

Lighting and a clean workspace are necessary. For poorly lit work spaces, a trail riding headlight pointed down, they actually fold, works wonders.

Bleach is the recommended sanitizer to clean counters, stoves, and fridge handles. However, its toxicity is called into question. Whatever you use, be aware of how salmonella and other bacteria spread on counters and between foods. The science of cooking can be fun. However, adding an unintended component, such as bacteria, can cause your experiment to flop.

Thaw ingredients ahead of time to make cooking easier and quicker. With the exception that some raw thin steaks chop easier while half froze.

One meal preparation trick is to place all needed items such as measuring cups, mixing bowls, and ingredients on one side of the work space, and rotate them to the other side when you are finished, so you don't double one ingredient, and skip another.

Some links for food safety:

Food Safety http://www.foodsafety.gov/ (accessed 04/20/2013).

CDC (Centers for Disease Control) http://www.cdc.gov/foodsafety/ (accessed 04/20/2013).

USDA (United States Department of Agriculture) http://www.usda.gov/wps/portal/usda/usdahome?navid=FOOD_SAFETY (accessed 04/20/2013).

Many cooks keep a fully stocked pantry, fridge, and freezer.

Want to know what one looks like?

Or how to prepare for one?

A typical list, usually printed in landscape style, is provided below the Low Vision Accommodations for Cooking. On shopping day, I quickly count everything, and use a new color to write in the number per item that I already have. Shopping lists can be sorted by store aisle, food type, or home storage location.

Also, be sure you are aware of expiration dates on food, and use the closest to expiration date first.

The science of expiration dates: It isn't always the food going bad. Preservatives or packaging may leak into the food after a specified amount of time.

Low Vision Accommodations for Cooking

My vision is declining.
I'm not giving up cooking.
And I'm not giving up eating.
How do I intend to cook with low vision? With simple, cheap, and time saving techniques. Some will require changes that I can do now, though perhaps with less skill later.

Step 1: Electrical Cords

A. A few years ago, someone recommended taking an odd color of fingernail polish, such as neon pink that you can't miss and paint a dot on top of the wide part of the outlets in the kitchen and throughout the house.
B. Paint the tips of the cords you plug in. This way, you connect the odd color with itself and there is no need to guess which is the wide and which is the thin piece of the plugin. You may need to use a white polish on black or brown cords.

Step 2: Safety Precautions

A. Buy cutting boards that contrast with the counters and the foods you most commonly cut.
B. Arrange storage cabinets to where you reach items without them falling out.
    1. Contrast cabinet and drawer handles. Colored electrical tape works.
    2. Contrast the outside of the cabinets and drawers with the counters and the floors.
    3. Be sure all cabinets and drawers are in good, working order and clean.
C. Sew, or buy, contrasting placemats and cloth napkins.
D. Know which colors mean what in your kitchen. For instance:
    1. Blue pot holders
    2. Red hand drying towel
    3. White with blue stripe dish towels
    4. Hot pan towels are white towels that sit under hot pans on the table.
    5. Dark blue placemats
    6. Yellow daily use cloth napkins
    7. Light blue company cloth napkins

Step 3: Stove

A. Colored raised dots to locate temperature settings
B. Pan handles, either all to the middle, or all pointing out when cooking

Some people say all to the middle. However, when I turn them to the middle, I end up with the food spilled both on the stove and me. Part of that is low dexterity and having my arm in the heat when I reach across the pans. I also don't like reaching across the cooking food, as I don't want hair falling off my arm into the food. If you have low vision with eye and hand coordination problems, your hand could end up in a pan, or grabbing the wrong handle, if they are all tangled in a knot. Do what is safe for you, and others, to prevent spills and burns.

Step 4: Oven Safety

A. Put the food into the oven before turning it on so you can be sure you know where the food is located and not risk being burned.
B. Wear tight wristed, long sleeves. Use potholders when pulling cooked food out of the oven. You could take an old sweatshirt, cut out the sleeves, and connect them with elastic for summer use.

Step 5: The Microwave

A. If you have low vision, puffy numbers can help you find those invisible buttons to set the time. Raised dots could also be used for these and other settings, such as the cook time button. Clear plastic braille numbers also work, and do not affect a sighted person's use of the microwave.
B. Use potholders under food before you heat it so you don't burn your hands on the plate or bowl.
C. You can make cloth napkins to tuck under bowls to prevent food splatter, which is vital in a food allergy household.

Step 6: Table Top Oven Roaster

A. Depending on your height, this may be safest way to cook when used on an eating table, or a sturdy side table. The food goes down into the roaster, and when done, individual servings can be taken directly from it, allowing it, and the food, a chance to cool safely.
B. Puffy paint, or raised dots, can be used for typical temperature settings.

Step 7: Coffee Pot

A. Safely mark water levels and hold it in front of a contrasting wall color while filling with water.
B. Have a towel handy for spills as you pour the water into back of the coffee pot.

Step 8: Can Openers

Electronic can openers are less work on the wrist.

A. Always stop before the lid comes completely off so you know where it is and don't get cut.
B. Always fold the lid back into the can so it safely goes into the trash, and not onto the floor, or slicing the bag, and potentially your leg.

Step 9: Food Chopper

Some people consider this safer than using a knife. While chopping, perhaps. If you have someone to fill, empty, and wash the blade for you. When washing the blades, it is too easy to be severely cut by one, and not know it.

Step 10: Blender

A. Chop food on a clear glass chopping board, with color contrasting plastic underneath. For instance:
    1. Chop tomatoes over green plastic.
    2. Chop zucchini over red plastic.
B. Be sure the blender lid is on tight before use.

C. Used raised dots or braille symbols to distinguish buttons.

Step 11: Sink (and dirty dish storage)

A. Organize dirty dish pile in a safe pattern on the counter, never in the sink. Sinks rust from wet dishes, and knives are too dangerous in the sink.
B. Knives in the back, pointed away from people.
C. Breakables such as plates, coffee cups, and glass pans, toward the back of the counter.
D. When washing, never place a knife, or blender blade, in the water and let go of it.
E. Always place knives and forks sharp end down in the utensil drainer.

Step 12: Fridge

A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
B. Use raised dots to indicate where certain items belong.
C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
D. Use brightly colored, or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person allergic to the item can easily avoid it.

Step 13: Freezer

A. Keep foods organized in a manner that it is easy to recognize a needed item without mixing up two identical containers holding different foods.
B. Use raised dots to indicate where certain items belong.
C. Use brailled cards and rubber bands, or clips, to label food containers. Labels are reusable this way, if not leaked on.
D. Use brightly colored or special textures to identify either allergen foods, or allergen free foods. For instance, if one member wants a food another is allergic to, use a corduroy tie around it, and the person with allergic to the item can easily avoid it.

Step 14: Identification Ties

A. For the crafty inclined, brightly colored ties can be made for food items. Materials may be brightly colored with or without braille letters. Sometimes, scraps can be bought reasonably and made into ties. Or use strips of old worn out clothes. These are washable and reusable.

Some sample materials:

Corduroy
Fleece
Broadcloth
Silks
Upholstery
Tee shirt
Sweats

If using the above:

1. Cut in a straight line, about 2 inches wide, and different lengths.
2. Sew the long side.
3. Use a safety pin to pull the tube right side out.
4. Sew the ends shut.

Strings of material or yarn can be sewn into the ends of the tubes to further help with identification and attachment of labeled cards.

Another alternative: Braids. Strings may be added as needed.

1. Braids of brightly colored yarn. Certain colors may signify a specific food.
2. Braids of material (any of the above listed materials).
3. A mixed braid of material and yarn.
4. A braid of plastic bags.
5. Plastic bags and a combination of material and/or yarn.

B. Plastic Identification Cards

1. Large marker print. Two holes punched in one end to string a tie through.
2. Braille a plastic card. Punch two holes in one end to string a tie through.

C. Use the above ties with milk jug rings. Wooden craft rings also work.

D. Magnets can be used on cans to distinguish them. Beware: P, may stand for pasta, peas, peaches, pears, or pineapples.

E. Tie miniature jingle bells or cowbells to items that go out of date soon.

F. Add magnets to craft sticks with braille labels to show shelf locations of items. When an item is gone, or almost gone, attach to fridge or freezer for a quick shopping list.

G. Foam craft pieces. Some have stickers. Others can be magnetized. Mostly brightly colored.

H. Pipe cleaners with or without labels.

J. Sometimes in baby shower or birthday sections, there are packs of small items with holes that can be strung like beads and used to identify products.

K. Strings or safety pins of beads. Use combinations, such as wooden beads, and plastic beads of all shapes and sizes. Some come in animal shapes.

Sample Pantry Shopping List

Gluten Free:
Spaghetti
Noodles
Cake Mix
Bisquick
Chicken Noodle Soup
Chicken Wild Rice
Beef Broth
Chicken Broth
Spinach
Turnip Greens
Asparagus

Chili:
Tomato Juice
Diced Tomatoes
Dark Red Kidney Beans
Light Red Kidney Beans
Chili Hot Beans
Pinto Beans
Great Northern Beans

Beans:
Beans with Bacon
Refried Beans
Pork Beans
Baked Beans
Green Beans
Pintos with Onions
Lima Beans
Butter Beans
Vegetables
Diced Potatoes
Whole Potatoes
Sliced Potatoes
Carrots
Peas
Peas and Carrots
Mixed Vegetables
Mushrooms
Corn
Succotash

Sauces
Horseradish Mustard
Spicy Brown Mustard
Yellow Mustard
Ketchup
Ranch Dressing
Italian Dressing
Spaghetti Sauce
Barbecue Sauce
Relish
Mayonnaise

Canned Meats:
Tuna
Chicken
Salmon
Spam

Snacks:
Raisins
Pringles
Potato Chips
Corn Chips
Pretzels
Applesauce

Breakfast:
Pop Tarts
Oatmeal
Cereal
Soy or Almond Milk

Non Gluten Free
(Brand) Chili
Strawberry Jelly
Apricot Jelly

Drinks:
Tea
Coffee - regular
Coffee - flavored
Lemonade

Spice Cabinet:
Onions
Chili Powder
Bacon Bits
Toothpicks
Vanilla

Other:
Kitchen Bags
Outside Bags
Hand Soap
Vegetable Oil
Paper Plates (Large)
Paper Plates (Small)
Plastic Cups
Plastic Bowls
Plastic Spoons
Coffee Filters
Paper Towels
Toilet Paper

Cleaning:
Yellow Gloves
Clear Gloves
Vinegar
Bleach
Dawn
Grey Scrubbers
Yellow and Green Pads
Wood Soap

Bathroom:
Men's Shampoo
Men's Razors
Men's Shaving Cream
Women's Razors
Women's Shaving Cream
Hand Soap
Cleaning Pads
Alcohol
Peroxide
Bandages
Antibiotic Ointment

Appendices

Pet Safe Meals

Gluten Free Products

Grocery Stores with Gluten Free Lists

Find a Gluten Free Menu App

Gluten Free Restaurant Menus

Potential Allergens

Recipe Remedies

Resources

Pet Safe Meals

These meals do not advocate feeding table scraps to your pets. Many foods humans eat are toxic to animals. Especially chocolate.

Please refer to the Dangerous Foods for Dogs or Pet Poison List in Resources before serving human food to a pet, as various ingredients, especially spices, are included in it.

Also, be sure and speak with a qualified veterinarian before beginning a raw, or home cooked, food regimen for animals.

Cats are carnivores, and should not eat a vegetable based diet.

These recipes can be adapted to be pet safe:

Beef and Rice
Chicken and Rice
Ham on Rice
Pork and Rice
Turkey and Rice

As a treat sauce to moisten food you can choose only one food per meal:
1/4 cup carrots
1/4 cup corn
1/4 cup green beans
1/4 cup meat juice (as long as there no onions or peppers)
1/4 cup sweet potatoes

Gluten Free Products

This section will name gluten free products that are used in above recipes. Other products exist that I don't list. If you find a product that doesn't taste right to you, it may mean you have a different reaction to a gluten free ingredient used. It does not mean the product is bad. There are a few brands I avoid due to this. It is perhaps the xanthan gum used in them.

Prepared cookies: Pamela's®, Ian's®, Knickknack®, Aldi Live G Free
Cake mix: Betty Crocker® Kroger Simple Truth Organic, Aldi Live G Free
Brownie mix: Betty Crocker®, Aldi Live G Free
Cookie mix: Betty Crocker®, Pillsbury® (frozen)
Pie dough: Pillsbury® (frozen)
Pizza dough: Pillsbury® (frozen), Udi's®, Amy's®
Breaded fish: Ian's®
Breaded chicken: Ian's®
Bread: Hodgson Mill®

Flours never tried though available: King Author, Pamela's®.

Chicken noodle soup: Gluten Free Cafe TM (cans)
Split pea: Progresso® (several flavors are marked gluten free)
Cream of mushroom soup: Progresso®
Amy's® also has canned soup, as well as frozen meals.

Rice or corn noodles: DeBoyles®, Barilla®,
Crackers: Gultino®
Pretzels: Snyder's®

Ice cream: Soy Dream®, Rice Dream® (Check lid to verify gluten free)

Grocery Stores with Gluten Free Lists

This book will not link to specific grocery store lists, as they update and change links from time to time. It also will not include every single store.

In general, if want to find out about your local store's gluten free shopping list, you have two major options:

1. In your favorite search engine type: Store's Name, and then Gluten Free Menu (List or Guide also work).
2. Ask to speak to the manager at the service desk. They may or may not know if there is a printed list.

Below is a partial list of grocery stores that have an online shopping list. Most are downloadable as a PDF.

National Brands Gluten Free List (This was found on the Mejier site)

GFS® (preorder gluten free items for pickup)
Kmart® (searchable only)
Kroger
Meijer®
Sam's Club® (searchable only)
Trader Joe's
Whole Foods®
Walmart (searchable only)

New stores add their own lists all the time, so be sure and check frequently. Also, many gluten free sites maintain store and restaurant evaluations. This will show up in your search for the store. These sites may list a few items if the store does not have an individual list.

Find a Gluten Free Menu App

As with grocery stores, there are sites that evaluate restaurants on their gluten free menus, and their ability to respond to a gluten free request. Feel comfortable using them and check their guidelines. They may allow, or encourage you, to ask for a restaurant to be rated by their blog. There are many groups on Facebook, and apps on smart phones to help you find a Gluten Free restaurant. Most are free.

There are far more pages and apps than I know about. Here are a few I do know.

iPhone:
- Gluten Freed
- Find me GF

Facebook:
- Celiac Restaurant Guide
- Gluten Free Resource Directory
- Gluten Free Restaurant Guide

Twitter:
- Gluten Free Works
- GFDoctor - Jean Layton

Gluten Free Restaurant Menus

This book will not link to specific restaurant lists, as they update and change links from time to time. This just gives a variety of what can be found.

And remember, when eating out, unintentional cross contamination is likely to occur.

In general, if want to find out about your local restaurant's gluten free menu, you have two major options:

1. In your favorite search engine type: Restaurant's Name and then Gluten Free Menu (Most are actually listed as an all allergy menu).
2. Ask to speak to the manager. They may or may not know of a gluten free menu.

Below is a partial list of restaurants that have an online gluten free menu. Most are downloadable as a PDF.

Applebee's®
Arby's TM
Bob Evans®
Cracker Barrel® (Not on their website. This was compiled in response to a celiac site requesting it from headquarters).
Dairy Queen®
Moe’s®
Qdoba®
Red Lobster®
Taco Bell® (Not easy to read or download)
Wendy's®

New restaurants add their own lists all the time, so be sure and check frequently. Also, several celiac sites add new information on existing restaurants on a regular basis.

Potential Allergens

Apple (fructose)
Asparagus
Bacon
Bacon Bits (gluten, pork)
Bananas (fructose)
Barbecue Sauce (tomatoes, gluten, food dyes)
Beans
Beef
Beef Stock (gluten)
Bread (gluten)
Brown Sugar (diabetics)
Broccoli
Blackberries, (diverticulitis, fructose)
Blueberries (diverticulitis, fructose)
Brown sugar (diabetics)
Butter (lactose)
Cauliflower
Cereal (gluten)
Cheese
Chocolate chips
Chicken
Cinnamon
Clams
Cocoa powder (chocolate)
Cookies (gluten)
Corn
Cornbread (gluten)
Crab
Crackers (gluten)
Crumbs (gluten)
Dragon Beans
Eggs
Fish
Flour (gluten)
Gravy packet or can (gluten)
Green Beans
Ham (pork)
Honey (children, diabetics)
Ice cream (gluten, lactose)
Italian Dressing (gluten, spices)
Jam (diverticulitis, fructose, gluten)
Jelly (diverticulitis, fructose, gluten)
Ketchup (tomatoes)
Kidney Beans
Lemon Juice
Lettuce

Lobster
Milk (lactose)
Mackerel
Mayonnaise
Mushrooms
Mushroom Soup (gluten)
Mussels
Mustard
Noodles (gluten)
Nutmeg
Oatmeal (gluten)
Octopus
Onions
Orange raspberries (diverticulitis, fructose)
Oysters
Peach (fructose)
Peanut butter
Peanuts
Pecans
Pepper
Peppers
Pepperoni
Peppers
Pinto Beans
Pizza sauce (tomatoes)
Pork
Pork Stock (gluten, pork)
Potatoes
Powdered sugar (diabetics)
Relish (peppers)
Rice
Salt
Salmon
Sausage (gluten, spice)
Shrimp
Soft Taco Shells (gluten)
Soy Sauce (gluten)
Spaghetti Sauce (tomatoes)
Spices
Spinach
Squash
Squid
Sugar (diabetics)
Strawberries (diverticulitis, fructose)
Sweet Potato
Tomatoes
Tuna
Turkey

Turnips
Turnip Greens
Vanilla Flavor (gluten)
Vegetable Oil
Vinegar
Walnuts
Yogurt (lactose)
Zucchini

Recipe Remedies

Disclaimer: I am not a doctor. Check with your doctor if you think you are sick. These recipes are not an attempt to diagnose or treat any illness.

This section will list and link to recipes that help certain common conditions.

Low Blood Sugar

Low blood sounds like an oxymoron in today's society. Yet many people with chronic illnesses suffer from it. Even people with diabetes who accidentally take too much insulin may need an adjustment.

Sugar Water Recipe - For a sudden fall, sugar amount can be increased.
Peanut Butter Candy - Eat up to half a cup.

Low Salt

Another health concern many people don't realize exists. Generally, this occurs in three populations:
The elderly who are on a strict no salt diet
Those who exercise vigorously in high temperatures
Chronic illnesses such as POTS (Postural Orthostatic Tachycardia Syndrome). Sweating removes salt from the body. Salt is required for muscles and organs to work properly. Eating a non processed food diet, or a no salt diet, can cause the body to not retain enough salt. Generally, a dash of salt per dish is plenty. Verify with a doctor if you have concerns about average sodium levels.

After working and sweating outside in summer, an extra dash of salt is a good idea. Any lengthy time in temperatures above 90 degrees, that cause sweating, even with a fan. To regain lost salt, eat a naturally salty meal. The best recipes to increase salt temporarily are often fish recipes.

Lobster Stew
Shrimp Stir Fry
Salt Water

Sore Throat

Commonly, sore throats are allergy and sinus drainage related. While waiting on an appointment, or if one dose of the following recipes does not help, check with a doctor.

Apple and Ginger Ale Cider
Apple and Tea Cider
Honey Lemon Tea

Hot Apple Whiskey Tea (Apple and Tea Cider with a tablespoon of whiskey)

Too Hot

Feeling warm is a good thing. Feeling too hot isn't. Actual body temperatures above 105 can be dangerous. Contact a doctor if body temperature rises above 105.

In general, to cool off try:

1. Taking shoes and sock off. If this doesn't work,
2. Place feet in cool water. If this doesn't work,
3. Eat sherbet or ice cream. If this doesn't work,
4. Try a frozen rice sock on your face, forehead, or feet. (See Rice Socks) If this doesn't work,
5. Try a cool, not cold bath. If this doesn't work,
6. Contact a doctor.

Interesting note: In some parts of the world, people add layers to sweat more and to cool off faster. Adding layers is generally not recommended in medical situations, or high environmental temperatures.

Sometimes, feeling too warm is a body's out of sync reaction to change, temperature, stress, or a full stomach. In this case, adding layers may add comfort, decreasing the feeling of overheating.

Rice Socks

1. Choose a knee length clean sock.
2. Sew closed any visible holes, except the top.
3. Fill with up to 2.5 pounds of dried rice. (If using on the neck, have your medical doctor clarify the weight you can use.)
4. Sew the hole at the top closed.

Rice socks can also be frozen to use in summer to cool down in a hurry.

Rice socks can be heated in a microwave for over a minute, and placed directly on sore muscles. Be careful, as it can burn the skin if too hot.

Too Cold

Many people scoff at the idea of being too cold, thinking they can always add more layers. After two or three layers, a person will actually feel colder.

Cold for people who have chronic illnesses is very dangerous. Skin that is cold to the touch is not normal. Hypothermia can occur regardless of environmental temperatures. In hypothermia, the body temperature drops below a healthy functioning temperature. Many common signs that are seen daily in office environments:

confusion, shivering, poor coordination, holding the arms close to the body, and frequent restroom breaks.

How to warm a too cold person up:

1. Add a heated blanket. Be cautious of burning numb skin.
2. Heat from the inside out. Drink very warm, not too hot tea.
3. Slight exercise to warm up the muscles. (Arm and ankle movements).
4. Increase food and warm liquid.
5. A warm bath.

Generally, alcohol is not recommended for hypothermia caused by being in the outdoor elements (it increases heat loss in the extremities). However, for some people, if their internal temperatures drop too low, and it is from being in a cold indoor environment (like cold offices), the only way to warm them up after all else has failed, may be a single alcoholic drink and a warm bed. If used in this way, limit to one alcoholic drink, and no more than one or two a month.

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Thank you for reading Allergy Free Cooking. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

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